Karma 1

#### THE LIVING WORD OF THE BUDDHA

#### The Buddha's Teachings in the Oldest Texts

Translations, essays and notes by Piya Tan ©2004, 2<sup>nd</sup> rev 2009, 3<sup>rd</sup> 2012

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Note: A sutta whose title is prefixed with an asterisk (\*) means that it is only an excerpt.

#### Karma means that we can radically change ourselves and the world.

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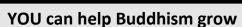
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The Sutta Discovery (SD) series started with **the NUS Buddhist Society** weekly Sutta Study Group (SSG) classes in February 2002, and **the Buddhist Fellowship** SD series started in February 2003. These classes are still running today. This is a small record for an ongoing activity, especially Sutta study.

Piya Tan, who works on these Suttas and notes, and teaches them, was a former Theravada monk for 20 years. Today he is a full time lay Dharma teacher specializing in early Buddhism. He was consultant and regular lecturer to the Buddhist Studies Team (BUDS) that successfully introduced Buddhist Studies in Singapore Secondary Schools in the 1980s. After that, he was invited as a visiting scholar to the University of California at Berkeley, USA. He has written many ground-breaking and educational books on Buddhism (such as *Total* Buddhist Work) and social surveys (such as Buddhist Currents and Charisma in Buddhism). As a full-time **Dharma teacher,** he runs Buddhist, Sutta and Pali classes like the basic Pali course series, the Sutta Study Group (NUSBS), Dharma courses (the Singapore Buddhist Federation), Sutta Discovery classes (Buddhist Fellowship and elsewhere), and Sutta-based (including meditation) courses (Brahm Education Centre), besides his own full-time Pali translation and research project, the Pali House, and doing a comparative study of the Pali Nikāyas and the Chinese Āgamas. As a Theravāda monk, he learned insight meditation from **Mahasi** Savadaw himself in the 1980s. As a lay teacher, he learned forest meditation from the Ajahn Brahmayamso. He has run numerous meditation courses and retreats for students and adults (including non-Buddhists) since 1980s. In 1992, he taught meditation at the University of California at Berkeley, USA, and also to BP, JPMorgan, the Defence Science Organization, GMO, HP and SIA. He is doing all this for the love of Dharma and of Ratna and their two children.

#### **KEEPING BUDDHISM CENTRED**

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As people today become more aware of Buddhism, many seek the simple original teachings of the Buddha. For over two decades now, Piya Tan has been inspired by this ideal of "mere Buddhism." In this connection, he has set up the Minding Centre and Pali House.

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- 9. Sleeping well

#### **COURSE INSTRUCTOR: PIYA TAN**

- meditation therapist; 63 years old; a monk for 20 years
- has taught meditation for over 30 years
- has taught at the Univ of California @
   Berkeley, Defence Science Organization,
   GMO, SIA, HP, Hitachi, JPMorgan, BP, etc
- mentor and meditation instructor to various executives and individuals
- referrals from doctors, social workers, etc
- now translating and teaching early Indian texts on meditation and psychology.
   Wiki Piya: http://en.wikipedia.org/wiki/Piya Tan

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